

NEED HELP GETTING STARTED ON YOUR FITNESS RESOLUTION?

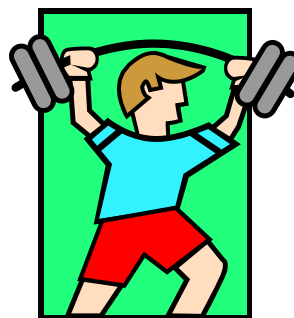
COME JOIN ONE OF OUR CERTIFIED
PERSONAL TRAINERS FOR A

FREE

GYM ORIENTATION

December 28th – January 31st

SIGN UP TODAY AT THE FRONT
DESK



Rockville Swim and Fitness Center
355 Martins Lane
Rockville MD 20850
240-314-8750
www.rockvillemd.gov/swimcenter



Gym Orientations

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Nadine 1:00-3:00 pm	29 Sara 11:30-12:30 pm	30 Neal 7:00-9:00 pm	31 NEW YEARS EVE	1 Closed NEW YEARS DAY	2 Nadine 8:00-10:00 am	3 Neal 12:00-2:00 pm
4 Nadine 10:00-12:00 pm	5 Sara 8:30-10:00 am Neal 7:00-9:00 pm	6 Sara 11:30-12:30 pm	7 Neal 8:00-10:00 am	8 Paula 9:30-11:30 am	9 Sara 12:30-2:00 pm Nadine 2:45-4:45 pm	10 Paula 5:00-7:00 pm
11 Sara 9:00-10:00 am	12 Neal 10:30-12:30 pm Nadine 5:45-7:45 pm	13 Sara 12:00-2:00 pm	14 Paula 7:45-9:00 am Neal 7:00-9:00 pm	15 Sara 2:00-3:00 pm	16 Nadine 6:00-8:00 am	17 Paula 5:00-7:00 pm
18 Nadine 4:00-6:00 pm	19 Neal 8:00-9:00 am Paula 11:00-12:00 pm	20 Paula 9:30-11:30 am	21 Nadine 7:00-9:00 am Neal 3:30-5:30 pm	22 Nadine 7:00-9:00 pm	23 Paula 7:45-8:45 am Sara 1:30-3:00 pm	24
25 Nadine 1:00-3:00 pm	26 Paula 7:45-9:45 am Neal 7:00-9:00 pm	27 Sara 2:00-3:00 pm	28 Paula 11:30-12:30 pm Nadine 1:30-3:30 pm	29 Sara 12:00-1:00 pm	30 Sara 9:00-11:00 am	31 Neal 3:00-5:00 pm

Made some resolutions for the New Year, but don't know how to get started? Come in and experience what RSFC has to offer to help you reach your goals! Our certified personal trainers will be here during the above hours to offer free consultations and tours of the facility, as well as answer any questions you may have about our programs and general health and wellness.